

## **Guided Imagery (4)**

Goodbye Cinderella  
Samarkand Manor Youth Development Center

As you begin to feel more and more relaxed you can imagine yourself walking beside a tall building... you can remember that it's foundation goes deep into the ground... you do not see all that makes up the building... you may not understand how it was built or why but now it is there doing what it was built to do... you can remember that people are this way too... deep inside there is a foundation built on years of experience... you may not understand how they became the way they are but they can do what is now necessary for them to do... you can depend on them and their wisdom...all have a foundation from their past experiences but these do not have to show or effect what we are and what we do now...you wish to communicate with others...you are learning more and more how to do this...as you pass the building you come to a park... it is a beautiful day, a warm breeze blows, the sun is shining... the park is beside a canal and sail boats are floating over the water... several people are sitting near the canal painting... you would like to see what they are painting... as you approach one person smiles and motions for you to sit and watch her paint... she is older and seems very wise... Now, for a few minutes, imagine what you would ask her about... also, ask her how she got along with her parents... ask her how she gets along with her children... .. This is good to know... you can use this too... it feels so good to be able to communicate parent to child and child to parent... you are learning to do this more and more and it feels so good...

Begin to imagine pushing away all the things that would keep you from completing your special goals...You are free of past burdens... The things that have held you back no longer bother you... More and more you will see yourself as being sure of yourself...Knowing you will have the power and strength to do those things that are good for you...You feel at peace now... You want to begin right away to do those things you planned...You see an elevator and go in... the door closes and you feel yourself going up, up, up...You see the numbers of the floors as you pass... One... Two... Three... Four... Five... Six... Seven... Eight... Nine... Ten...Slowly open your eyes, stretch if you wish and now you are ready to meet life

and all it's excitement. You are more refreshed, more alert, have more energy than ever before...

(THIS CONCLUDES THE FANTASY. DISCUSS BRIEFLY HOW GROUP MEMBERS FEEL ABOUT THE FANSTASY. ASSURE THEM THAT THEY WILL GET BETTER AT DOING THIS WITH PRACTICE. IF MEMBERS WISH TO TAPE THE FANTASY AS THE LEADER READS IT TO TAKE HOME AND PRACTICE, ENCOURAGE THEM TO DO SO.)